

An Overview of Matrix Model Treatment

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Treatment Components of the Matrix Model

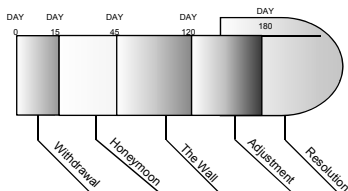
- Early Recovery Groups
- Relapse Prevention Groups
- Individual Sessions
- Family Education Group
- 12-Step Meetings
- Social Support Groups
- Relapse Analysis
- Urine Testing

MATRIX MODEL TREATMENT

Components of Stimulant
Addiction Syndrome

Behavioral Disruption	Cognitive Disruption
Emotional Disruption	Family/Relationship Disruption

STAGES OF RECOVERY



WITHDRAWAL STAGE

- Medical Problems
- Alcohol Withdrawal
- Depression
- Difficulty Concentrating
- Severe Cravings
- Contact with Stimuli
- Excessive Sleep



Day 0 to Day 15

Primary Manifestation of Withdrawal Stage

Behavioral Behavioral Inconsistency	Cognitive Confusion, Inability to Concentrate
Emotional Depression/Anxiety, Self-Doubt	Relationship Mutual Hostility, Fear

Key Concept: Structure

- Self-designed structure (scheduling)
- Makes concrete the idea of "one day at a time"
- Eliminate avoidable triggers
- Reduces anxiety
- Counters the addict lifestyle
- Provides basic foundation for ongoing recovery

Ways to Create Structure

- Time scheduling
- Going to treatment
- Attending 12-step meetings
- Exercising
- Performing athletic activities
- Attending school
- Going to work
- Attending church

Pitfalls of Structure

- Scheduling unrealistically
- Neglecting recreation
- Being perfectionistic
- Therapist imposing schedule
- Spouse/parent imposing schedule

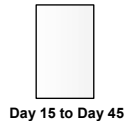


Withdrawal Stage: Relapse Factors

- Unstructured time
- Proximity of triggers
- Alcohol/marijuana use
- Powerful cravings
- Paranoia
- Depression
- Disordered sleep patterns

HONEYMOON STAGE

- Overconfidence
- Over-involvement with work
- Inability to prioritize
- Inability to initiate change
- Alcohol use
- Episodic cravings
- Treatment termination



Primary Manifestation of Honeymoon Stage

Behavioral High energy, Unfocused behavior	Cognitive Inability to prioritize
Emotional Overconfidence, Feeling cured	Relationship Denial of addiction disorder

Information - What

- Substance abuse & the brain
- Sex and recovery
- Relapse prevention issues
- Triggers and cravings
- Emotional readjustment
- Stages of recovery
- Medical effects
- Relationships and recovery
- Alcohol/marijuana

Information - Why

- Reduces confusion and guilt
- Explains addict behavior
- Gives a roadmap for recovery
- Clarifies alcohol/marijuana issue
- Aids acceptance of addiction
- Gives hope/realistic perspective for family

Relapse Factors: Honeymoon Stage

- Overconfidence
- Secondary alcohol or other drug use
- Discontinuation of structure
- Resistance to behavior change
- Return to addict lifestyle
- Inability to prioritize
- Periodic paranoia

Primary Manifestation of the Wall Stage

Behavioral Sluggish, Low Energy/Inertia	Cognitive Relapse Justification
Emotional Depression, Anhedonia	Relationship Irritability, Mutual Blaming, Impatience

The Wall: One Patient's Account

"Lack of energy was almost constant even if I slept for hours. Lack of memory, inability to concentrate and a grey film over my vision clouded my world. My sleep became mixed-up. I would be dead tired during the day and experience insomnia at night."

The Wall: One Patient's Account

"Throughout The Wall I didn't care about anything or anybody. Including myself. Nothing seemed important, nothing felt good. Boredom and hopelessness were constant companions. I felt the whole thing would never end."

The Wall: One Patient's Account

"More than anything I felt alone. I felt like I was the only person in the world who knew how I felt. Even my therapist and my C.A group didn't understand. I went to meetings and often still felt alone."

Relapse Factors: Sexual Behavior

- Sexual arousal producing craving
- Concern about sexual dysfunction
- Concern over sexual abstinence
- Concern over sexual disinterest
- Loss of intensity of sexual enjoyment

Relapse Factors: Sexual Behavior

- Shame/Guilt about sexual behavior
- Sexual behavior and intimacy
- Sobriety and monogamy

Relapse Factors: Alcohol/Marijuana

- Cortical disinhibition
- Stimulant craving induction
- Pharmacologic coping method
- 12-Step philosophy conflict
- Abstinence violation effect
- Marijuana amotivational syndrome
- Interferes with new behaviors



Key Concept: Relapse Justification

▪ Definition:

The rational part of the brain attempts to provide a logical explanation for justifying behavior which moves the client closer to his drug of choice

- Relapse thoughts gain power when not openly recognized and discussed

Associates Use; Justifies Own Use

- My wife used so...
- I was doing fine until he brought it home...
- I went to the beach with my sister and ...
- My brother came over for dinner and brought some...
- I wanted to see my friend just once more and he offered me some...

I Needed it for a Specific Purpose

- I needed to control my weight
- I couldn't get the energy I needed
- I can't have a satisfying sexual experience
- Life is too boring
- I can't be comfortable in social situations
- I don't know how to meet people without the "social lubricant"

I Was Testing Myself

- I wanted to see if it would "work better"
- I wanted to see my friends again and I'm stronger now
- I thought I could sell a little without using
- I wanted to see if I could use just a little
- I wanted to see if I could be around it and say no
- I thought I could drink without using

Accidental Triggering of Cravings

- I was in a bar and someone offered me some
- I went to a lecture and saw a program about...
- A friend called to see how
- I was doing and we were talking and decided to get together
- I was at work and someone offered...
- I found some in my car

Feelings Easily Lead to Use

- Life is so boring I may as well use
- I was so happy I felt like celebrating so...
- I was feeling depressed so...
- My job wasn't going well and I was frustrated so...
- I was feeling sorry for myself

It Came to Me

- I was in my car and suddenly it was heading toward...
- I bumped into an old friend and we got to talking and...
- A friend came by and wanted to take me to a party
- I found some I forgot I had...

The Wall: Relapse Factors

- Increased emotions
- Interpersonal conflict
- Relapse justification
- Anhedonia/loss of motivation
- Insomnia/low energy/fatigue
- Paranoia
- Dissolution of structure
- Behavioral drift
- Secondary alcohol or drug use
- Resistance to exercise

Primary Manifestation of Adjustment Stage

Behavioral Sloppiness Regarding Limits	Cognitive Drifting From Commitment to Recovery
Emotional Experiencing Normal Emotions	Relationship Surfacing of Long-Term Issues

Relapse Factors: Adjustment Stage

- Relaxation of structure
- Struggle over acceptance of addiction
- Maintenance of recovery momentum/commitment
- Six-month syndrome
- Re-emergence of underlying pathology
